

# UNITY DAILY WORD



**A MAGAZINE OF SUNSHINE**

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This is the little magazine  
with the big message to  
humanity!--the revelation of  
how to be happy, healthy,  
and prosperous!!!

**MAY, 1931**

**A PAGE OF INSPIRATION FOR EACH DAY**

## AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

April 20 to May 19

The glory of the Holy Spirit is now poured out upon me, and I am radiant with the light of Truth.

Showers of vitalizing life, strength, and health are poured into and through me by the Holy Spirit, and I am made whole.

The heaped-up, pressed-down, and running over abundance of the Holy Spirit is mine, and my every need is supplied.

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## UNITY DAILY WORD

A little companion that daily will direct your steps to the sun-tipped heights in whose glory you will behold the son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

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### LOVE'S "BATTLES"

One thought hate, and one thought love;  
Love won out, for from above  
Heaven speeded all its aid;  
He who loved was not dismayed.  
Thus the "battles" ever wage;  
Love is calm though hate may rage;  
Hate may boast a thousand strong,  
Claim great pow'r is in its throng.  
Love but One need claim to win  
Over hate or fear or sin;  
Love wins over foe or gold,  
For God dwells within love's fold.

## THE SYRIAN'S PRAYER

Elohim, Thou Father and Mother of all that is: I, Thy son, go forth this day acting my knowledge of Thee: therefore Thou wilt direct my paths. Thou hast revealed man in Thine own likeness—Thou dost provide and direct his work. Knowing this, I know I am prepared to perform that which shall come before me this day, to labor in the usual routine, or to respond to my brother's call. I rejoice that Thy love reaches mankind, that Thy truth flows freely through the earth—the truth that Thou art omnipotence. In gratitude I lift my voice to Thee, that Thou hast raised me from the clay of mortal thinking and set me upon the rock of Truth. That Thou hast raised me from the tomb of earth's delusions and temptations, and taught me to love them no more, but only Thee and Thy immortal image. That the "Accuser" can no more cause me to think myself separated from good, or limited in sharing Thy abundance; that it can lay no burden of responsibility upon me, for Thou art all, Thou doest all, and Thy work is finished. Now I humbly await the inflow of Thy spiritual ideas, for they shall reveal the further human footsteps that will lead me out of bondage into the Promised Land.

—Charles Francis Stocking; *The Identity of Douglas Bain*.

## UNFETTERED AND UNBOUND

Beloved of God—greeting!

In my integrity within me, where I know and see as  
God, I know and see you, O beloved, to be  
free, wise, and immortal!

I see you unfettered and unbound, triumphant!  
glorious! splendid!

I see you unweighted by human thought of limita-  
tion, unweighted by matter.

I see you unbound, undiseased, buoyant!

I see you strong! mighty! forceful! powerful!  
divine!

—H. B. Jeffery



**W**HAT DO YOU consider that the world is seeking most of all? It seeks freedom from limitation, release from those heavy thoughts to which men find themselves in bondage. Mankind is so inclined to place limitations upon itself! Men easily succumb to limited beliefs, and spend lifetimes bound by self-imposed limitations.

Possibly at the time of their greatest extremity, when they are fettered and bound in such a manner that life presents a picture of utter bondage, the message of Truth—the light of freedom!—comes to them. They begin to see a faint possibility that, after all, there is some grand mistake about this matter of bondage. They perceive the faint glimmer of light, the truth of their own inherent freedom!

Jesus came to humanity to bring us the Christ message of freedom—of liberation from heavy thoughts, from mental burdens, from physical bondage and distress, from worry over

supply. His was the gospel of freedom, His the message of liberty. Even the very thought or recollection of His coming to mankind conveys to us the impression that mental burdens and physical distress dropped and disappeared from those among whom He moved, to whom His message was conveyed.

Truth is, indeed, a liberator. The truth of love is freedom from hate and fear; the truth of health and strength, freedom from bondage to disease and weakness. The Christ message came to man as salvation from the cares and bondage of a false philosophy.

Why during prayer are many persons relieved of worry, ill health, and the belief in failure? Why do they find relief and cure through prayer? Because therein they exchange the false belief in, and the untrue picture of, themselves as being under the weight of burdens, mental or physical, for the true picture of themselves beheld in the garden of prayer. They exchange their fetters for freedom. In the higher mental and spiritual realms they behold themselves as unfettered and unbound.

Why does religion—practical Christianity—give peace to its followers? Because, in the mind, worry is released as the earnest seeker grasps for Christ. He accepts new values in life. The old adverse beliefs lose value and power in his estimation. The power of Christ—Truth, love, life—becomes omnipotent to him.

Yes, the world seeks most of all freedom from limitation, such as release from worry and

disease. We as students of the Truth of Christ know the secret of this freedom. We know how to correct our thinking, how to exchange worry for peaceful thoughts, how to substitute health for disease. This we do through rising to those spiritual heights where adversity loses its reality and power, where the Christ in us—the spiritual Truth about ourselves—is all that exists.

The first step to freedom comes through our realization that the sense of bondage that we feel is primarily mental. Most assuredly freedom must come first in mind. Mental irritation is the "thorn in the flesh." It is the prime offender, and it may clamp down upon the individual's freedom until he admits that he is in bondage. When he seeks freedom, he must cease to admit that he is bound by any adverse belief. He must seek freedom in mind.

As we say, "Unfettered and unbound," these very words seem to carry with them a total release from bondage. Mental shackles and physical bonds are broken. We seem to pass out of a world of tension, bondage, and hardship into one of absolute freedom. We seem to be lifted up into heaven.

Truth is distinctly the message of freedom, the deliverance from every form of bondage. Since perception of Truth is a mental or spiritual operation, the cure for bondage must take place in a mental or spiritual manner.

"Unfettered and unbound!" This is the voice of your soul now shouting its victory.

## HAPPINESS IN RELIGION



THE SUNNY-MINDED Christian is a challenge to all those who have failed to perceive the sunshine in religion. To him is given the privilege of revealing that which has seemed to be hidden from the eyes of his fellows in their search for Truth. Revealing a new Christian doctrine? Yes, a presentation of Christianity which, to some, is entirely new. Better still, revealing in his countenance the truth that he is happier and healthier simply because he has found the religion of life, love, freedom, health, and success.

Formerly there seemed to be little difference between those who were Christians and those who were not, if for proof of this statement we are to compare the lives of those coming under the two classifications. In fact, at one time, being a Christian seemed to stamp a person with some sort of stigma of anæmia, indifference, or defeat. Of course, in all ages there have been the few who grasped the great central theme of joy, life, and victory that lies beyond the dogmas of religion, which are so often overemphasized.

Happiness comes when a person perceives that nothing in all the world can defeat him, when he realizes that there is something within him that joyfully sings regardless of circumstances. This happiness comes to the individual who gains an understanding of the Truth of Christ. He perceives in Truth the solution to those problems that formerly brought him worry, physical distress, and defeat.



The last half century has seen optimistic Christianity coming to the fore. Joy and health have followed wherever its message has been taught. Bright faces and sunny hearts have characterized those who believe its truths. Converts come to it easily because already they know it by its fruits.

Life, indeed, would be a gloomy proposition without sunshine. Quite as dull would be that religion or philosophy whose adherents bore the earmarks of gloom, ill health, and defeat. Yet in these dear ones the individual with a sunny disposition would cause a feeling of resistance, the belief that he did not belong, that his religion was spurious.

We think of Jesus at times as having had hardships, just as we ourselves have trials until we make our demonstration over them. Then, somehow, Jesus ceases to be recalled to our mind as a man of sorrows. We are more inclined to remember the Christ within Him as some sort of radiant spirit of victory! The true mental picture that we carry of Him is one in which He walked among men and radiated the light of His high spiritual consciousness. He was both man and God. He came not to show us the sorrows of mankind, but to reveal the joy and the victory of Godhood.

Were we to look to Jesus solely for what His human experiences represent to us, we should but be on a level with those who constantly have sorrows and crucifixions. Accepting Him for what He is—Teacher, God, Master,

Physician, and Victor—we acknowledge the God in Him, and find in Him the Elder Brother who leads us into the conscious beholding of our own peace, joy, health, and victory.

Those who can imagine the contentment and joy of Jesus Christ in experiencing oneness with God can never doubt that He carried within Him such a conviction of joy that it could never pass away. With this in mind, can we any longer think of Him as other than sunny-minded? Can His followers, those who find the joy of God within their hearts, be other than light-hearted? Can we question the legitimacy of happiness in Christianity? Can those whose thoughts are unified with the mind of Christ have other than joyful thoughts?

Those who find in Christianity a source of happiness find a wellspring that can never be depleted. The very Spirit of Christ is an inexhaustible fountain of joy. Those who find it within them find joy all about them, too. There is no place where joy is lacking to the person who has found happiness within himself, hidden at the very heart of his being.

Do you accept the religion of Christ, the religion of joy, in all its fullness? If you do, then your joy henceforth is assured. As a follower of Christ you follow in His footsteps, as He in His radiant, triumphant, ascendant being goes forward in the joy of knowing God. Be no longer disloyal to Him by shedding tears, thinking dismal thoughts, moving with leaden steps. Awake to the joy of your own Christhood.

## THE RELATIVITY OF TIME

Suppose you are in a boat, sailing down a winding stream. You watch the banks as they pass you. You went by a grove of maple trees, upstream. But you can't see them now, so you saw them in the *past*, didn't you? You're watching a field of clover now; it's before your eyes at this moment, in the *present*. But you don't know yet what's around the bend in the stream there ahead of you; there may be wonderful things, but you can't see them until you get around the bend, in the *future*, can you? Now, remember, *you're* in the boat. But *I'm* up in the sky above you, in an airplane. I'm looking down on it all. I can see, *all at once*, the trees that you saw upstream, the field of clover that you see now, and what's waiting for you, around the bend ahead! *All at once!* So the past, present, and future of the man in the boat are all *one* to the man in the plane. Doesn't that show how all time must really be one? Real time—real time is nothing but an idea in the mind of God!—*From the play, "Berkeley Square."*

## "SURELY GOD IS IN THEE"



**SOLUTION** to all our problems—whether in regard to health, finances, or environment—is to be found in these words taken from the 45th chapter of Isaiah. We can at once see and agree that if God is in us there can be no presence of evil in the same place.

*Surely only God is in me.* To be willing at all times to affirm this statement and to recognize its truth would serve to wipe out all belief in the power or presence of inharmony, ignorance, fear, hate, disease, lack, failure, and death. Conscious of the presence and power of God, we lose sight of all that we have been taught to believe exists as some opposite to God.

When we know that God is in us, in our mind, in our every thought of Truth, then we shall be free from worry and from those haunting thoughts that jeopardize our peace of mind. If only God—peace, love, Truth—is in our thoughts, then heaven is indeed near to us. Then heaven is in our midst, and we are in it.

When some friend comes to us for help, pouring out some long, vivid, and graphic tale of horror, attempting to make real the so-called power of evil, we can wipe out the belief by rising to spiritual consciousness and knowing, "‘Surely God is in thee!’ Certainly He alone is in thy midst. His Truth, His peace, and His love rule supreme." In this way we help him to correct his thought and to know the truth of God's indwelling presence.

*Surely only God is in me.* Let us affirm this truth, knowing that the presence of God within us removes our every belief in hate, fear, worry, and their fellows. All the problems that center around our environment and our associates can be solved through the application of this truth. As we know that God is in us and He is in our associates, then all personal animosity is put to flight. In time of personal disturbances we can say, *Surely only God is in me and "surely God is in thee."*

When disease and contagion cause those about us to be afraid, shall we cease to know the Truth? Shall we think that God must abdicate His throne upon the insistence of disease? Shall we think that both God and disease can abide in the same place at the same time? When an individual in prayerful thought realizes that surely God is in him, does he not summon the power of God to his aid? Is not God with him when he realizes the truth of God's presence and power?

The truth that God is in us is a refutation of the race belief that He is separated from us, away from us, or at any time withholding Himself from us. The statement, *"Surely God is in thee,"* is most definite. It begins with a most positive assurance and makes a most certain identification between God and the individual. There is no provision in it for any situation wherein God is not in us.

"But," you question, "surely God is not in us when we are filled with fear, hate, and dis-


ease. What about this?" Now, in order for man to find his way out of the maze of incorrect thinking, he must accept the Truth of God. He can only correct his thought by establishing in his mind that which is true, true about his relation to God, Infinite Being. He must give up the hallucination of fear and the mesmerism of disease for the incontrovertible Truth of God. He must be willing to give up the belief that fear and disease are in him for the truth that God alone abides there.

In many respects the savage lives in terror—terrors within him and terrors about him. It belongs to civilized man, the Christian, to unmask fear, hate, and disease. His duty is to behold the nothingness of adverse thought. To him is revealed the truth that God alone is in him.

What a world is revealed to us when we are sure of this mighty truth—what a world of peace, love, and health! What a blessing to live in an age when this priceless truth is revealed to us! What a joy to know that God is within us—God, our peace, our life, and our substance!

When tempted the next time to think of adversity or adverse conditions, turn your thought to God within you. Claim fulfillment of the promise that He is in you. Surely He will not fail to be Himself or to be within and about you when you call upon Him.

## God's Grace

 *But one thing re-  
mains constant,  
pursuing us wherever  
we may be, never  
abandoning us—it is  
the grace of God.*

*Branchereau.*

FRIDAY, MAY 1

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*I give up every anxious thought in order to abide in the peaceful assurance of the presence of God.*

**L**ET US free ourselves from any worry and anxiety today by feeling perfect trust in the power of God to right any wrong, to adjust any situation, and to bring all things into divine order. This trust will bring us such a sense of assurance of God's presence and power that we can no longer doubt the outcome of our affairs.

Worry belongs entirely to that state of mind in which we think of things of the external world as having power over us and our affairs. Freedom from all anxiety comes when we know that the Spirit of God in the midst of us is not only mightier than all else in the world, but that it alone is in truth the only Presence and the only Power.

You can see that we easily give up anxious thought and rest in the presence of God when we rise to that consciousness in which we perceive the truth of God and of our relation to Him. We have perfect trust in Him. Our trust in the good increases when we cease to believe in the power of adversity. Worry gives place to trust; good replaces evil.

Be not therefore anxious for the morrow.  
—Matt. 6:34.



SATURDAY, MAY 2

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*The Spirit of God in me now expresses itself as good thoughts, good deeds, and blessings of good.*

**W**E TURN our attention today to God, the good, now expressing Himself as tangible good in our life, good so bountiful that no place remains for the presence of what we term evil. Our thought becomes so filled with good that we turn away from all belief that God, the good, can ever be absent or separated from us. What a beautiful thought!

Would you have the good manifest in your life in greater measure? Then think of it often. Take your thought off that in your life which you would have disappear. Center your attention upon the good that you wish to bring into evidence. Center your thought upon God within you.

When you think about God your attention is naturally directed to good. As you think of God's omnipotence and omnipresence you identify yourself with His expression as your own good. You begin to see good where evil appeared to be. You see the presence of God filling a void that you called evil. You see good coming into manifestation as a blessing from God.

Imitate . . . that which is good. He that doeth good is of God.—III John 11.

## SUNDAY, MAY 3

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*I no longer doubt the supremacy of God, the good. I have absolute faith in Him.*

**W**E PROVE our faith in God by our lack of faith in any opposing power. If we would have faith in God, the one, the all in all, we cannot have faith in some other power or god. Faith in God must be entire. It cannot be shared with anything else. Either God is God—all-power, all-being, all-reality—or else He is nothing. The nature of God is such that belief in Him presupposes no belief in anything else.

The supremacy of God as our light, peace, love, health, and substance rules out all belief in ignorance, inharmony, hate, fear, disease, and lack. Our faith in Him as the mighty power of good annihilates all our beliefs in adversity in any form or as possessing power in any degree.

We increase our faith in God, the good, as we meditate upon Him. Every time our faith is tested it is strengthened if we hold firmly to the truth of God's omnipotence. Our faith in God as health makes us relinquish all belief in disease.

We have absolute faith in God when we realize the nothingness of evil and the omnipotence of good.

In faith ye stand fast.—II Cor. 1:24.

MONDAY, MAY 4

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*My body is not a habitation of evil or disease. It is the embodiment of health, the temple of the Spirit of God.*

**T**ODAY we give up all former beliefs that the body is material, impure, sinful, or diseased. We empty out of mind all thoughts that center around impurity in any relation to the body. We give up beliefs that disease, weakness, contagion, or death can become identified with our body. We know it as it is in Truth—as the temple of the Holy Spirit.

Does this conception of the body seem a strange teaching or a foreign doctrine? Paul's viewpoint as expressed on this page is unmistakable. It puts to shame many of the expressions of materialists and physiologists. Even life takes on a new outlook when we think of our body in this new light of Truth.

The body is the embodiment of life, health, and strength. These would be but abstract things without some form of manifestation. When the Holy Spirit embodies itself as strength, life, and wholeness, a body appears. God gives man a body and also uses it Himself as His temple.

Know ye not that your body is a temple of the Holy Spirit which is in you, which ye have from God? . . . glorify God therefore in your body.  
—I Cor. 6:19, 20.

*God, divine principle of Truth, the law of my very being, now governs me in all that I do.*

**S**HALL WE give up all belief that we are under any laws of adversity? Shall we realize today the truth of one God, one divine principle, one law of good? Shall we place ourselves and all our affairs in God's keeping and under the protection of His law and government?

We begin to limit ourselves when we think of being bound by many laws. Man is inclined to see how many laws of disease he can find or make, all the time disregarding God, the law of health, the principle of his very life and being. Knowledge of this one law, that of God, sets him free from any belief in the reality or power of laws of disease, limitation, and failure.

When next you are inclined to think of the cause and effect of evil, just realize that it has no law by which to work, since God is law and God is good. Cease to think of yourself as under bondage to laws of adversity.

The action of God as law is the basis of all scientific Christianity. As law, He works in a scientific way to answer prayers and to heal the sick.

The law of the Spirit of life in Christ Jesus made me free from the law of sin and of death.

—Rom. 8:2.

WEDNESDAY, MAY 6

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*The increasing joy of the Spirit of Christ within me now displaces and removes every trace of depression.*



THE PERSON who is inclined to be sad, moody, or depressed will find the remedy for his depression within himself. He will find his relation to and oneness with the Spirit of joy. He will discover that He cannot be sad in the presence of Christ, who in truth is within and about him.

Joy neutralizes and annihilates every trace of sorrow. We cannot be sad or depressed when we find the joy of Christ within us. When we find this Spirit we no longer think of external things or other persons as having power to make us sad.

Those who live in Spirit look to Spirit within them for their joy. They realize that, when they have found their center, all things about them contribute to joy. They realize that the world about them can give them joy only when they have found the source of real joy and made all external things in their world subservient to it.

Let us go forth in the joy of Spirit, knowing full well that our joy is of heaven and that we have power to make things of the earth rejoice in our wake.

We . . . are helpers of your joy.  
—II Cor. 1:24.

THURSDAY, MAY 7

*Because Christ has set me free, I am free from all sense of bondage.*

**F**REEDOM was given to us by God, our creator. This freedom was emphasized by Jesus, His ambassador. Our freedom depends entirely upon our acceptance of it and our realization that in Spirit and in Truth we are absolutely free.

Much of the misery in the world comes from a feeling of lack of freedom. Both mental and physical bondage come from entertaining thoughts of bondage. The remedy, therefore, lies in such change of thought as will remove the belief in bondage from mind, and substitute for it a consciousness of the truth of freedom.

Remember, at all times, that as followers of Christ you are free—free from ignorance, sin, hate, fear, disease, lack, failure, death! As long as you follow Christ—think His thoughts, live consecrated to His Truth—you shall know freedom, perfect and entire. The degree of your freedom depends upon the degree of your understanding, realization, and consecration.

You are not bound by that which would seem to hold you fast; you are simply held by your limited beliefs. When these are gone, your sense of bondage disappears. Understanding of Truth gives you perfect freedom.

For ye, brethren, were called for freedom.  
—Gal. 5:13.

FRIDAY, MAY 8

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*My love is constant, unaffected by personal whims, untouched by situation or circumstance.*

**L**OVE that is impersonal, universal, centered in Spirit, is unaffected by personality, caprices, changes, and circumstances. Such a love is the very love of Christ expressing itself through the human heart. It is such a love as we imagine would issue from the holy heart of Jesus—holy, because devoid of all selfishness, hate, or personal animosity.

In the editor's study is a most inspiring picture of Jesus. The left hand points to His heart, the right hand is raised in blessing. The heart glows with a mellow, glorious, radiant light—the light of unselfishness and forgiving love. The blessing of Christ seems to go hand in hand with our appreciation of His love.

True love is not limited by personal values, worldly standards, or selfish motives. The love of Christ expressing itself through the heart of man is enduring through all test, unchangeable through all time, constant in every situation.

To be constant and true in our loving, we must have that love which is born of Spirit and of Truth, love unlimited by personality or selfish desires.

The lovingkindness of Jehovah is from everlasting to everlasting.—*Psalms 103:17.*

SATURDAY, MAY 9

*The life of Spirit within me is my eternal life, my perfect health, and my inexhaustible strength.*



AS WE gain the right concept of life, realizing our identification with the indwelling life of Spirit, we find that life takes on a new significance to us. It is no longer insufficient, monotonous, or exhaustible. We draw upon the very life of God and find it always sufficient for all our needs.

Do you think of your life as something apart from Universal Being? Do you think of life as something that can cease to be? Is life, to you, something that is affected by outer conditions? Then know the truth that life is your unity with Spirit. You cannot in truth live apart from universal life.

The unity between mind, Spirit, and body must be maintained. When the individual fails to grasp this truth, when a separation is made between mind and Spirit on one hand and body on the other, death is brought about. The body is cut off from life. The unity is broken.

The life of God is the source of our life; in fact, all life centers in the one. We cannot live apart from the one Life. When we try to do so, we but live a life of chaos. Unified with the life of God, we are one with peace, joy, and health.

The spirit giveth life.—II Cor. 3:6.



SUNDAY, MAY 10

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*The peace of Christ within me steadies me at all times, and I am unaffected by discord or inharmony.*



KNOWING the truth that we are unified with the peace of Christ, that we are centered in His poise, that through His peace we are peaceful with all men and all things, we rise above the false claims of inharmony and discord. Nothing of the external world can move us when we are centered in the peace of Christ.

Drop from mind that thought which at this moment may be robbing you of peace. Cease to think of persons and things as having power to take your peace from you. Refuse to consent to be limited in your peacefulness. Certainly, God has never limited you in such wise.

Peace comes as a natural result of a certain adjustment in life, a certain discovery that there is something deep down within us that keeps us from being moved by conditions of the world about us—and that something is the presence of Christ. So we see that our consciousness of this presence steadies and poises us. It keeps us from being swayed by external conditions. It keeps us true to Spirit.

After we have found peace within us we feel our mastery over all things about us.

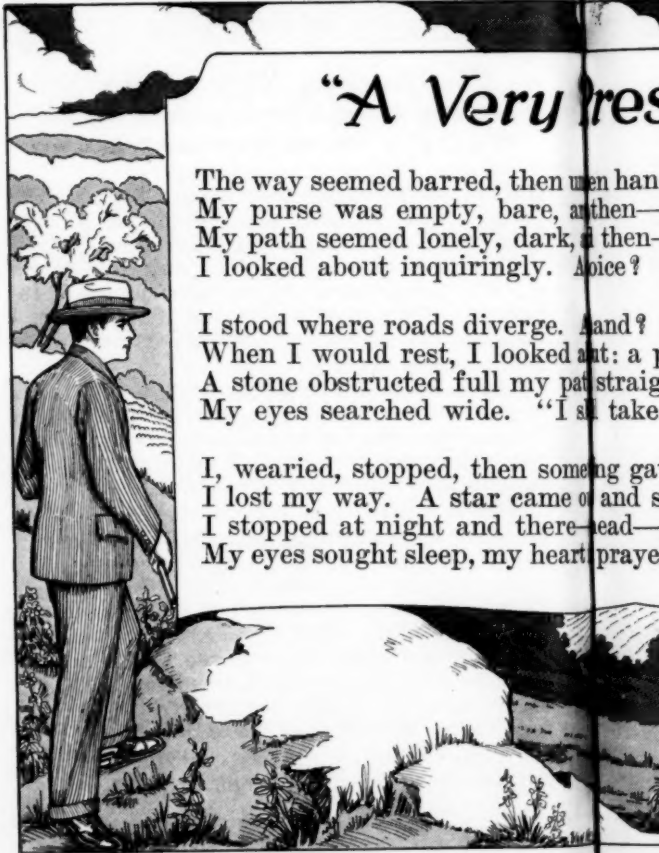
Christ . . . is our peace.—*Eph. 2:13, 14.*

## "A Very Res"

The way seemed barred, then when hand  
My purse was empty, bare, and then—  
My path seemed lonely, dark, and then—  
I looked about inquiringly. Advice?

I stood where roads diverge. And?  
When I would rest, I looked out: a path  
A stone obstructed full my path straight  
My eyes searched wide. "I shall take

I, wearied, stopped, then something gave  
I lost my way. A star came out and shone  
I stopped at night and there I read—  
My eyes sought sleep, my heart prayed



# *Present Help"*

When hands threw open fast-closed doors;  
And then—'twas filled from heav'nly stores;  
And then—then Some One came to aid;  
A voice? "Be not afraid!"

And? "Take this road, straight ahead!"  
And out: a pillow for my head!  
The straightway 'twas moved aside!  
"I will take care of you," Some One replied.

Some One gave new courage and new heart;  
He showed me where to start!  
He showed—a shelter in the wild!  
He showed—prayer. Then Some One near me smiled!



*Each day I see myself and all about me in a new light. I behold myself being renewed by the ever renewing power of Spirit within me.*

**W**E ARE renewed through our consciousness of the renewing work of Spirit in us. We become aged or crystallized when we lose sight of this renewing process of Spirit and think of ourselves as going the way of all flesh, the way of matter, the way of decay. In Truth, we are not of the earth, but of Spirit. We are renewed by the work of the Spirit in manifesting itself as a continually unfolding element of new life.

Those who would live in the newness of Spirit must keep a fresh outlook upon life. They must be free from crystallized opinions of the past, prejudices, and limited beliefs of yesterday. They need to see all persons and all things through the eyes of Spirit.

Do you long for a new life, a fresh beginning, a complete detachment from the mistakes of yesteryear? Then drop all concern about the past, its limitations and mistakes. See all things as belonging to a new world and yourself in the midst of it. See the very spirit of newness as filling every part of your universe.

Newly set the watch.—*Judges 7:19.*

TUESDAY, MAY 12

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*Losing sight of that which appears to be imperfect, I behold in myself the perfection of Spirit now manifesting itself.*



WHEN we first heard the truth that man is perfect in Spirit, our first thought was, "How can that be when he appears to be imperfect, when he is finite, when he is not God?" Later, we found that we were looking upon man through eyes of sense, that we were seeing him as he appeared to be, not as he really is in Truth. We found by searching the Bible that he is created in the image and after the likeness of his Father, God. We found that in Spirit he is perfect, for he is the son of a perfect Father.

We can sense our own innate perfection only to the extent that we disregard appearances and behold ourselves as we are seen in Spirit. After all, the truth about us is all that counts, and that truth can be naught but the truth of our own perfection in Spirit.

Are you inclined to think often of your own shortcomings or of the imperfections of others? Then look past all these and behold the perfection of the child of God in yourself and in those about you. See the perfect ideal now coming into expression. Behold the perfection of God's creation.

That we may present every man perfect in Christ.—Col. 1:28.

WEDNESDAY, MAY 13

*I patiently witness the power of good overthrowing all opposition and establishing itself as my tangible good.*

**I**F YOU will but realize the power of God, the good, you will cease to believe that any opposing power can keep your good from you. In this way, you will demonstrate over impatience. You will cease to be impatient if things do not seem to work out as you think they should, if the outlook seems alarming, if good seems to be a little slow in making its appearance.

Patience is developed through an utter reliance upon God. We learn to rely upon Him so fully that no sense of opposition can cause us to be afraid, no seeming power of the Adversary can make us doubt the power of God.

"How can I become more patient?" By more fully realizing the omnipotence and omnipresence of God. When you fail to do this you begin to think of some other power, of evil in some guise, as usurping His throne. Every firm belief in God but causes you to rise out of old beliefs in evil. Realizing that God is right at hand, ready to help you, you cannot doubt His power to overthrow all opposition and to manifest as just the kind of good that you desire and need.

*In your self-control [supply] patience; and in your patience godliness.—II Pet. 1:6.*

THURSDAY, MAY 14

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*Rising to the heights of spiritual consciousness, I rise above all limitations.*

**I**F YOU would rise above the things in the world that limit you, you must ascend in spiritual consciousness to those heights where no limitations exist. In order to rise out of limited conditions in the manifest or physical world, you need to understand and behold the truth about them. Physical limitation cannot exist for you when in the heavens of the mind you perceive your freedom from it.

Arise! Ascend! Attain! Rise out of limited beliefs. Ascend into the heavens of spiritual consciousness. Attain that which the Spirit urges you to accept as your gift from God.

In our lesson on ascension we must emphasize man's power to rise above any limited condition. Nothing can bind him to material conditions when he rises to the heavens of the mind and therein accepts for himself the great universal Truth that reveals his utter deliverance from things earthly.

Rise above some limited belief this day. Let the passing of the day mark your victory, your ascension, your demonstration, your deliverance. In Christ you have power to do all things.

I know a man in Christ . . . caught up even to the third heaven.—II Cor. 12:2.

FRIDAY, MAY 15

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*Christ, the Truth, is my Savior. I am delivered from all adverse experience because He shields, saves, and delivers me.*



THE CHRISTLY nature of Jesus endowed Him with power to deliver man from evil, adversity, disease, and destruction. He was called Savior, not in the sense of giving to Him some honorary title, but because through His Christ consciousness He saves us.

The Christ consciousness, the spiritual realization that God is with us at all times to save and deliver us, carries with it the very power of heaven. When we enter spiritual consciousness, this high realization, we tap the resources and power of heaven and these are applied to our immediate necessities.

The saving power of Jesus Christ is not limited to any time or place. The power that saved men in Biblical times from sin, disease, and destruction is the same power of Christ that still saves me. It is the same power that is available to you at this moment. Your only duty is to get in touch with it, to turn your thought and spiritual vision to it, and to behold your instant salvation.

Look unto me, and be ye saved, all the ends of the earth; for I am God, and there is none else.  
—Isa. 45:22.



SATURDAY, MAY 16

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*I am truly thankful today for every evidence of God's goodness that has been showered upon me.*



ARE YOU as thankful today for the good that you received yesterday as you were when it came to you? Have you learned how to give thanks continually? Do gratitude and appreciation spring forth from your heart spontaneously?

Thankfulness is not only a sort of compensation that we owe God for what He bestows upon us, but it is also the secret of many a demonstration. The grateful and thankful person attracts many blessings to himself. The good that comes into his environment seems naturally to gravitate to his spirit of being thankful.

Do you not find yourself enjoying the giving of a gift to one who likes to receive? Is it not possible that the Great Giver of heavenly blessings also likes to see us appreciative for what He has for us? At least, we can try the experiment and discipline ourselves in being thankful for even the smallest gift that comes from His hands. Possibly those same hands have larger gifts for us when we enlarge our capacity to receive and open our channel of reception through hearty thankfulness.

Thou verily giveth thanks well.—*I Cor. 14:17.*

SUNDAY, MAY 17

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*This day my feet are directed into the path of light, peace, joy, and success.*

**W**HAT A security we feel when we are sure that we are being directed into a path that has divine approval! Our cares and trials seem to be at an end when we realize that we are being led by Spirit into taking a way wherein we shall be attended by Spirit all along the road.

Are you undecided today as to what to do? Does the decision seem to be a difficult one to make? Does your way at times seem to be a hard one to travel? Have you been going the way of sharp stones and bleeding feet? Then turn to the Spirit of Christ within you and ask direction. Ask to be shown the right way, the way of Spirit, the way of peace and success.

When you are centered in spiritual consciousness, you know God's will for you, your path is mapped out for you, He attends you and makes your way easy, your feet are kept upon the right path. You will not be uncertain about the future when you go the way of Spirit. Joy and success will be yours.

Go forward this day in the realization that God is with you at all times. Learn to feel His presence, train yourself to take His orders and to obey His commands.

He will teach us of his ways, and we will walk in his paths.—*Isa. 2:3.*

MONDAY, MAY 18

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*The kingdom of God is within and about me, and I abide in heaven—in peace, love, and health.*

**H**EAVEN appears to us when we catch the vision of it, when our eyes are raised in prayer to behold "God's appearing." Heaven appears first in spiritual consciousness. Therein we behold its actuality and sense its tangibility.

What is your conception of heaven? "A place or condition of perfect peace, love, joy, health, and plenty." Yes, a place or condition in which there is no thought of hate, fear, disease, or lack. Do we not see that peace and love and joy are mental and that we must find these in the higher realms of mind and of Spirit? Where else can heaven be found but in spiritual consciousness, within us?

When heaven has been found in Spirit we can find it in the manifest. We can find it in our very environment. We can discover that there is no place, no condition, in which God is not. Knowing God's omnipresence, we are assured of heaven as a reality. Believing that God is omnipresent, we cannot believe in the presence of unheavenly conditions.

Wherefore let us every hour expect the kingdom of God in love and righteousness; because we know not the day of God's appearing.—*II Clement 4:15 (Apocryphal New Testament).*

*The light of God in the midst of me  
radiates through my whole being and  
shines upon my mind and my body.*

**K**NOWING that God, our Creator, is in the very midst of us, that His Spirit remains with us always, that His light shines in and about us perpetually, we are freed from all sense of darkness. His light illumines us in mind and in body. He is the source of our light, wisdom, and understanding. He is the light that shines in our body when it is made glorious and radiant with His presence.

We cannot lack the light of understanding when we realize that God is our light. As we realize the truth of His being with us at all times, we know that we cannot be deprived of light. We realize that we know how to meet the various problems and issues of the day, for we find that God gives us the light or solution as it is needed.

As we become spiritually enlightened our whole being becomes illumined. Our environment takes on the character of our indwelling light. Our world seems to be filled with it.

The light of God dissipates every evidence of ignorance or darkness. In His light we are truly illumined, truly children of light.

Jehovah will be thine everlasting light.  
—Isa. 60:20.

AFFIRMATIONS USED BY  
SOCIETY OF SILENT UNITY

May 20 to June 19

Steadfastly facing God, I am illumined and blessed.

In all my thoughts and words I acknowledge God to be the source of my life, and I am blessed with vigorous health.

The Spirit of industry, honesty, and efficiency is now expressed in me, and I am in all ways prospered.

*The Spirit of God—the Spirit of life, health, and strength—animates my whole being and I enjoy perfect health.*



ONE TIME a young student of Unity said, "I have difficulty in making a positive or absolute affirmation about my health when I am ill and unhealthy." His difficulty lay in not perceiving the true nature of a spiritual affirmation. A person may be ill and, to all appearances, present anything but a picture of health. But that which is true of him in Spirit is still the truth. In the ideal, in the sight of God, according to absolute Truth, he always has been and always will be perfect and whole. When he makes the assertion that he is whole and well he does so from the standpoint of the Truth of God.

According to the Truth of God—and nothing else is true!—you are whole and well at this very moment. By meditating upon this truth you bring your health into manifestation. You cause the appearance of disease to vanish in order to make place for the manifestation of Truth. You give up your personal impression of yourself in order to accept that which is true in Spirit.

Bless Jehovah, O my soul . . .  
Who healeth all thy diseases.

—Psalms 103:2, 3.

THURSDAY, MAY 21

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*Through rich ideas I am admitted to the treasure house of God. That which is my Father's is shared with me, His son.*



**T**HROUGH spiritual consciousness, awareness of our relation to Spirit, we become at one with Divine Mind and its rich ideas. These are our connections with prosperity. Through ideas, Spirit reveals to us our good and our supply.

Many a man has become enriched because of his ideas. Back of all discovery, inventions, service, and success are ideas. Men often train themselves to catch ideas in order to bring forth new features, make improvements, and offer the public something that it will need for its comfort and well-being.

Your heavenly Father is always ready to share His good and His blessings with you, His child. You need not be in want. You need not lack any good thing. You are the heir of His peace, love, life, and substance. You inherit from Him His richest blessings.

God's treasure house has within it all the good and love and substance that you need. It becomes yours when you ascend in consciousness to perceive it.

His master saw that Jehovah was with him, and that Jehovah made all that he did to prosper in his hand.—*Gen. 39:3.*

FRIDAY, MAY 22

*The truth of my wisdom, perfection, and success in Spirit now dawns upon my consciousness, and I am delivered from all belief in ignorance, disease, and failure.*



**T**RUTH frees us from ignorance, superstition, and darkened beliefs. When we understand Truth we no longer believe in falsehood. When we perceive the truth of our innate perfection in Spirit we cannot think of ourselves as imperfect or diseased. When we grasp the truth of our oneness with God we cease to think of ourselves as identified in any wise with evil or anything that is unlike Him.

We as students of Truth are often asked, "Why does Truth mean so much to you?" Let us answer, "Because change of heart, so essential in Christian experience, depends upon a change of belief!" This is the conversion about which our fathers and mothers talked; it is "the renewing of your mind" that Paul taught.

Jesus brought the Christ Truth to humanity in order to set men free from ignorance, sin, and disease. He knew that Spirit in them could do its perfect work only when they had had a change of thought, a change in heart.

Ye shall know the truth, and the truth shall make you free.—*John 8:32.*



SATURDAY, MAY 23

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*In the quietness of my indwelling  
Lord, I find quiet and refreshment.*



ODAY our lesson will be one that directs us to our indwelling Lord, that power of inner stillness which remains constant, unshaken by noises and confusion around us. As we turn our attention in that direction, as we approach the stillness of Spirit, we lose sight of the things of the outer world that have seemed to annoy and to vex us.

The place of quiet at the center of our being is truly akin to heaven, for heavenly quiet reigns there supreme. Heavy doors seem to be closed upon the noises of the external world. We reach that inner sanctuary in which God is enthroned and where the stillness of His peace is everywhere recognized.

In this place of stillness we receive refreshment, power, and strength. We know that we can measure up to that which is required of us as children of God. In the utter passivity of this quiet we find spiritual activity.

By way of the stillness of God, we enter into that power which is from on high. We enter into the joys of the Lord. We lay hold of spiritual might. We are secure in the love and life of our Father. We are one with His quiet, His peace, His love.

Be still.—*Prov. 46:10.*

*Through the unity of my mind with the mind of God, I think thoughts that bring me into close relation to Him.*

**C**UR MIND has identity with the mind of God, since we are inseparably joined to Him and must forever exist in close relation to him. By this close relation we think His thoughts, we are one with His life, one with Him in mind and in Spirit.

Cease to think of yourself as limited mentally. Claim your divine inheritance. Know that you are consciously joined with the mind of God, that you think His thoughts when you are in spiritual consciousness.

What are spiritual thoughts? Thoughts of light, peace, love, joy, perfection, and substance. These emanate from the mind of God. They become our thoughts when our mind is purified of adverse beliefs. We think thoughts of Truth and of Spirit—God's thoughts—when a complete unity between our mind and that of God is recognized.

In Truth there is only one mind, the mind of Truth, Divine Mind. We have identity in that mind when our thoughts are not in opposition to it. Cease to think that you have a carnal or mortal mind. Identify yourself with the mind of Spirit.

Be renewed in the spirit of your mind.  
—Eph. 4:23.

MONDAY, MAY 25

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*The Spirit of justice is now active in me and in all my affairs. I deal justly with others and they deal justly with me.*

**K**EEP your mind off such a thing as injustice. The more you think of injustice the more it will seem to increase and to flourish. If you would know the justice of God, you must cease to think of the seeming injustice of men. If you would wipe out injustice, you must first erase it from your mind.

Meditate often upon the justice of God. Think of Him as a fair and impartial judge. Know that He has your best interests at heart and is always ready to shed His love upon you. Never for a moment think of God as a tyrant, ready upon the first evidence of a misstep on your part to heap His wrath upon you. When you think of God as the supreme judge, also think of Him as love.

What is the test of your consciousness of justice? It is your readiness to deal justly with others. This characteristic reveals to what extent you have wiped injustice out of your mind and risen to the consciousness of justice. This will also help you in receiving justice from others.

One *only* is the lawgiver and judge, . . . who art thou that judgest thy neighbor?—James 4:12.

TUESDAY, MAY 26

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*I no longer hold others to their mistakes of the past. Through Christ in me I can easily forgive, even as I, too, am forgiven.*

**Y**OU HAVE no right to retain in your mind any memory of the misdeeds of another. That one's shortcomings are no part of your affairs. That person is accountable only to God for what he has done. You forgive him when you wipe out of mind all thought and memory of what has happened. You can see that the process is beneficial to you as well as it is to him.

In Spirit and in Truth, this person has not sinned. Only the outer man has made a misstep. You are to know him as he is in Truth, free from all shortcomings.

Do you have difficulty in getting others to forgive you? Then increase your consciousness of forgiveness. You can do this by forgiving others readily. By practicing the art of forgiving you develop that consciousness of forgiveness through which you, too, eventually become forgiven.

Do you see that forgiveness is simply a matter of change of thought? You cease to think of persons when you forgive.

Receive ye the Holy Spirit: whose soever sins ye forgive, they are forgiven unto them.  
—John 20:22, 23.

WEDNESDAY, MAY 27

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*I relax from all mental and physical tension because I am poised in the peace of Spirit.*

**W**E RELAX easily when we realize that there is nothing in all this world to make us tense or uneasy. Tension comes from fear of the outcome of events. The person who is tense fears that something other than good will come to him. He thinks that there may be some power in the world that can defeat the power of God, the good.

Students of Truth who learn to enter the silence, to direct their thought away from external things to the peace of God within them, find relaxing a simple matter. As they turn their attention within themselves they find the peace of Spirit and their unity with it.

Relaxation in mind comes through giving up the thought that causes worry and substituting for it a thought of poise. Physical relaxation follows. Mind and body relax as the individual senses the peace and presence of Spirit, as he gains the assurance of his supremacy over his world through the power of Christ within him.

When thou liest down, thou shalt not be afraid:  
Yea, thou shalt lie down, and thy sleep shall be  
sweet.

—Prov. 3:24.

THURSDAY, MAY 28

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*The very order of heaven is now  
manifest in my mind and in my affairs,  
and all my world is in order.*

**T**HE ORDERLY nature of the universe is, indeed, an example for us in the matter of orderliness. As we gaze upon the perfect order of all things in God's universe, we are prompted to put our own affairs in order, to see divine order manifest in our everyday world.

Disorder may be traced back to a measure of disorderliness in mind. When there is evidence of disorder in our affairs we need to become more orderly in our thinking. We need to establish mental poise and to become conscious masters over our thoughts instead of letting them run riot without supervision.

Order, then, comes as a result of consciousness of order. If things in our world seem to be disorderly we need first to make the adjustment in mind. We must be poised in mind, have orderly thoughts, have the consciousness of perfect order in Spirit, before trying to arrange outer things in order.

There is always a bit of heaven coming into evidence when we place our affairs in order. They seem to come under the management of heaven when we seek to express its order.

That thou shouldest set in order the things that were wanting.—*Titus 1:5.*

FRIDAY, MAY 29

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*I prove that my work is the work of Spirit by putting into it the very Spirit of God within me.*

**R**EGARDLESS of how insignificant your work may seem to be, if your attitude toward it is right you can get a great blessing from it. You can do this by performing every task willingly, easily, and efficiently. Work as if you were doing all to the glory of God.

"But," you say, "my work is so meaningless, so monotonous!" This situation comes about through your mental attitude toward your work. There are many persons who would be happy in doing your work if it were theirs to do. However, your duties are not theirs. You are in your present position to show how well you can do that which is assigned to you to do.

Put the best that is within you—all your love, faith, joy, success, and substance—into whatever you do. Perform each task as if it were entirely new to you, as if it were going to compensate you with a rich blessing, as if the eyes of God were upon you!

A righteous man thinketh that which is righteous. And whilst he does so, and walketh uprightly, he shall have the Lord in heaven favorable unto him in all his business.—*Apocryphal New Testament (1 Hermas 1:10)*.

*I cease to think of sorrows or unhappiness of the past. I live in the blessings of today.*

**I**N SPIRIT, there is no time—and no unhappy memories of yesterday. As we become more acquainted with Truth we give up all inclination to hold to the dead past. We learn to live in the eternal now, the present moment. We know that, in Spirit, there is only the present with its joys, possibilities, and blessings.

Trying to live in the past is an unnatural experience and the person who does so finds himself in an unnatural world. He is living in a time that has ceased to exist. He lives in a phantom world. All about him may be those who are happy in the blessings of the present, but he appears to be insensible to these blessings.

Those who live in the glorious today live in a world teeming with life. Life, to them, is most tangible. Within and about them is a feeling of things alive. The joy of the present moment is grasped in the keen exhilaration of being alive. They try to live neither in the past nor in the future, but to live life as it is, as something of the present, to be lived in the present time.

That there should be time no longer.  
—Rev. 10:6 (A. V.).



*I refuse to think of myself as the child of evil, sin, disease, or adversity.*

**W**HAT IS your opinion of yourself? Do you think of yourself as a child of misfortune, or as a son of God? Are you an heir to disease, or an inheritor of perfect health? Remember that you identify yourself in life with the things that are in keeping with what you think yourself to be.

Instead of thinking of yourself in a negative way, try thinking of your divine sonship. Do you think that that would rob Jesus of something? Jesus was a man who became conscious of His Christliness, His divine sonship, just as you need to be conscious of yours, and can be. We, too, have "power to become the sons of God." A son of God is neither unholy nor unhealthy, but is the expression of the holiness and healthiness of indwelling Spirit.

You are born of God—a child masculine or feminine—regardless of what you consider yourself to be. Your opinion does not change God's idea of you. You only limit yourself and delay the time of your coming into full consciousness of your divine sonship. Eventually your full sonship will manifest. Such is God's decree for you.

But as many as received him, to them gave he power to become the sons of God, *even to them that believe on his name.—John 1:12 A. V.*

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# Make Room for Prosperity

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Before you lay a new rug in your living room, you make a place for it by disposing of the old one. Just so, you must make room for a prosperity consciousness by ridding your mind of adverse beliefs and fear of lack.

Our Prosperity Bank plan will drill you in preparing for a rich consciousness. And while you are putting in order your mental house, you have the opportunity to save day by day to send *Unity Daily Word* to some one who may need its message of encouragement.

While you are using the Prosperity Bank, Silent Unity prays with you for your success. With the bank a prayer is sent to you to use daily in coöperation with Silent Unity. Use the bank seven weeks, dropping in a coin each day. Then send us your savings with the names of friends to whom you wish to send *Unity Daily Word*. For two subscriptions save \$3. Use the blank below.

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# A New Book--May 1

## Lovingly in the Hands of the Father

By Evelyn Whitell

The title of our newest book will bring to mind the popular article, by the same name, published about two years ago in *Unity* magazine. Those who enjoyed the article will be glad to know that it forms the first chapter of the new book.

There are ten chapters in the book, each intensely interesting, because each is based upon actual experience. These articles have appeared in *Unity* periodicals. You have enjoyed Miss Whitell's writings in the past, and this is your opportunity to procure some of her best ones in book form.

*Lovingly in the Hands of the Father* is an addition to our standard library. It is a cloth-bound book, and sells for \$1. Send in your order so that you may be among the first to receive a copy of this new book. It will be released May 1.

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The teaching of  
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is the philosophy of  
health, happiness, and  
success--the religion  
of Jesus Christ.

## A Book You Should Read

*The Sunlit Way*, by Ernest C. Wilson, is a book that every person should read. It was written, a little at a time, out of the author's own experience, and you cannot read it without being strengthened and inspired to turn from the shadows and walk in the light. You will begin eagerly to look for the sunlit way, which is so rich in health and happiness and bounty that it seems like heaven on earth. *The Sunlit Way* is a cloth-bound book; price, \$1.

